



Stuffed Meatloaf

READY IN



90 min.

SERVINGS



10

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup bread crumbs dried
- ☐ 6 tablespoons butter
- ☐ 2 carrots peeled finely chopped
- ☐ 3 celery stalks finely chopped
- ☐ 14.8 ounce roasted chestnuts whole peeled
- ☐ 1 pound day-old ciabatta bread cut into 3/4-inch cubes
- ☐ 2 large eggs
- ☐ 2 large eggs beaten to blend
- ☐ 2 tablespoons rosemary leaves fresh chopped

- ☐ 3 garlic cloves chopped
- ☐ 3 garlic cloves minced
- ☐ 8 ounces ground beef
- ☐ 0.8 teaspoon ground pepper black
- ☐ 8 ounces ground pork
- ☐ 8 ounces ground veal
- ☐ 0.3 cup catsup
- ☐ 1 cup low-salt chicken broth canned
- ☐ 0.5 cup tomatoes
- ☐ 10 servings meatloaf
- ☐ 1 small onion grated
- ☐ 2 large onions finely chopped
- ☐ 8 ounces pancetta cut into 1/4-inch dice
- ☐ 0.7 cup parmesan freshly grated
- ☐ 1 cup parmesan grated
- ☐ 0.3 cup parsley leaves fresh italian chopped
- ☐ 0.8 cup provolone cheese grated
- ☐ 1 teaspoon salt
- ☐ 10 servings salt and pepper black freshly ground

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Butter a 15 by 10 by 2-inch glass baking dish. Melt 2 tablespoons of butter in a heavy large skillet over medium heat.
- ☐ Add the pancetta and saute until crisp and golden, about 10 minutes. Using a slotted spoon, transfer the pancetta to a large bowl. Melt the remaining butter in the same skillet over medium-high heat.
- ☐ Add the onions, carrots, celery, rosemary, and garlic.
- ☐ Saute until the onions are very tender, about 12 minutes. Gently stir in the chestnuts and parsley.
- ☐ Transfer the onion mixture to the large bowl with the pancetta.
- ☐ Add the bread and Parmesan and toss to coat.
- ☐ Add enough broth to the stuffing mixture to moisten. Season the stuffing, to taste, with salt and pepper.
- ☐ Mix in the eggs.
- ☐ Transfer the stuffing to the prepared dish. Cover with buttered foil, buttered side down, and bake until the stuffing is heated through, about 30 minutes. Uncover and continue baking until the top is crisp and golden, about 15 minutes longer.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Whisk the first 7 ingredients in a large bowl to blend. Stir in the Parmesan and bread crumbs.
- ☐ Mix in the beef, pork, and veal. Pack half of the meat mixture into a 9 by 5 by 3-inch loaf pan. Spoon the stuffing over the meat in the pan, leaving a 1-inch border around the edges. Top with the remaining meat mixture, enclosing the stuffing completely and pressing firmly. Spoon the marinara sauce over the meatloaf, then sprinkle with the provolone cheese.
- ☐ Bake, uncovered, until the meat loaf is firm to the touch in the center and has pulled away from the sides of the pan, about 45 minutes.
- ☐ Cut crosswise into slices and serve.

Nutrition Facts



 **PROTEIN 23.69%**  **FAT 51.39%**  **CARBS 24.92%**

Properties

Glycemic Index:51.88, Glycemic Load:11.79, Inflammation Score:-9, Nutrition Score:23.910000013269%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 858.47kcal (42.92%), Fat: 49.81g (76.63%), Saturated Fat: 21.25g (132.8%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 52.13g (18.96%), Sugar: 4.65g (5.17%), Cholesterol: 236.12mg (78.71%), Sodium: 1317.59mg (57.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.67g (103.33%), Vitamin A: 2823.76IU (56.48%), Phosphorus: 419.95mg (42%), Selenium: 29.19µg (41.7%), Calcium: 342.76mg (34.28%), Vitamin B6: 0.64mg (31.91%), Vitamin B3: 6.31mg (31.55%), Vitamin C: 24.27mg (29.42%), Vitamin B1: 0.44mg (29.17%), Vitamin K: 29.71µg (28.29%), Vitamin B12: 1.65µg (27.45%), Zinc: 3.96mg (26.41%), Vitamin B2: 0.43mg (25.34%), Iron: 4.37mg (24.26%), Potassium: 709.76mg (20.28%), Manganese: 0.38mg (19.24%), Copper: 0.34mg (16.91%), Folate: 63.75µg (15.94%), Vitamin B5: 1.51mg (15.12%), Magnesium: 54.83mg (13.71%), Fiber: 2.22g (8.89%), Vitamin E: 1.09mg (7.27%), Vitamin D: 0.65µg (4.31%)